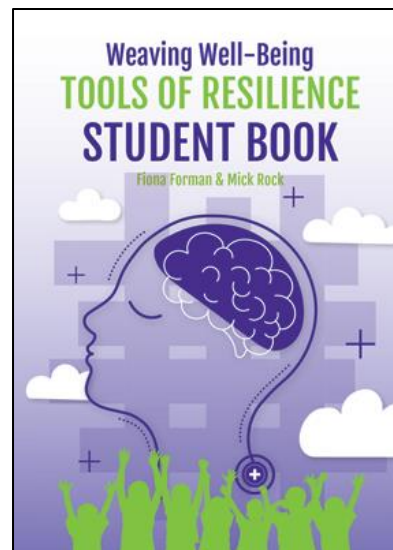


Weaving Well-Being: Tools of Resilience – Student Book (Set of 5)

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Date Available: May 2019
ISBN: 9781760565305
Code/SKU: HB5305
RRP: \$34.95 (Set of 5)
Format/Page No.: A4, 40 pages
Year Level: Year 4
Focus Area: Health and Wellbeing
Key Learning Area: Health and Physical Education



Summary

Weaving Well-Being is a research-based mental health program that aims to enhance well-being in children aged 7–12. Each book in this series introduces students to age-appropriate concepts and skills drawn from the field of Positive Psychology, the science of well-being.

Resilience is one of the key elements in maintaining positive mental health and well-being. The ten lessons in the Tools of Resilience program are designed to equip Year 4 students with six practical strategies to help them deal with the challenges of daily life and bounce back from disappointments and setbacks when they arise.

This Student Book allows children to reflect on the lessons found in the accompanying Teacher Book as they gradually build a highly personal portfolio of work.

Weekly homework activities give students the opportunity to explore how their well-being can be integrated into their daily lives. The included pull-out guide provides parents with all the information they need to actively support their child throughout the program.

Other Resources

- *Weaving Well-Being: Character Strengths – Teacher Book* (HB5251)
- *Weaving Well-Being: Positive Emotions – Student Book* (HB5282)
- *Weaving Well-Being: Positive Emotions – Teacher Book* (HB5275)
- *Weaving Well-Being: Tools of Resilience – Teacher Book* (HB5299)